

# Living On The Fast Lane

**COPPERKNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Lisa Ferguson (UK)  
音樂: Life In the Fast Lane - Eagles



## STEP, BEHIND & HEEL, STEP, DRAG, SAILOR ½ TURN RIGHT

- 1-2            Step right to right side, cross left behind right  
&3            Step on to ball of right foot, touch left heel to left diagonal  
4              Step on to left foot  
5-6            Drag right foot to left, keeping the weight on the left foot  
7&8            Step right behind left as if ready to turn, step onto ball of left turning ½ right and step forward on right

## STEP, KICK, TOUCH, KICK, POINT, ¼ TURN RIGHT, BODY ROLL

- 9-10           Step left beside right, kick right forward  
11-12          Touch right toe beside left foot, kick right forward  
13-14          Point right toe ¼ to right, turn body ¼ turn right  
15-16          Roll your body over two counts

## SHUFFLE, TOUCH, KICK, RIGHT & LEFT

- 17&18          Step forward right, step left beside right, step forward right  
19-20          Touch left beside right, kick left to left diagonal  
21&22          Step forward left, step right beside left, step forward left  
23-24          Touch right beside left, kick right to right diagonal

## RIGHT & LEFT SWITCHES, HITCH RIGHT, POINT RIGHT, ROCK, SHUFFLE ½ TURN RIGHT

- 25&26          Point right toe to right side, step right beside left, point left toe to left side  
&27&28          Step left beside right, point right toe to right, hitch right knee, point right toe to right side  
29-30          Rock forward on right, rock back on left  
31&32          Turn ½ over right shoulder stepping right, left, right

## TOE STRUTS X 4

- 33-34          Step forward on left toe, dropping left heel  
35-36          Step forward on right toe, dropping right heel  
37-38          Step forward on left toe, dropping left heel  
39-40          Step forward on right toe, dropping right heel

## MAMBO ¼ TURN LEFT, KICK BALL CHANGE ¼ TURN LEFT TWICE, CROSS RIGHT, STEP BACK

- 41&42          Rock forward on left, rock back on right, step left ¼ to left  
43&44          Kick right forward, step right beside left, step left ¼ to left  
45&46          Kick right forward, step right beside left, step left ¼ to left  
47-48          Cross right over left, step back on left

## STEP BACK RIGHT, STEP FORWARD LEFT, RIGHT SHUFFLE, FULL TURN RIGHT, LEFT SHUFFLE

- 49-50          Step back on right, step forward left  
51&52          Step forward right, step left beside right, step forward right  
53-54          Step forward left, turning ½ right, step back right, turning ½ over right shoulder  
55&56          Step forward left, step right beside left, step forward right

## HEEL JACK & CROSS, RIGHT & LEFT, STEP ¼ PIVOT LEFT, STOMP RIGHT & LEFT

- &57            Step back on right, touch left heel forward

&58 Step back on left, cross right over left  
&59 Step back on left, touch right heel forward  
&60 Step back on right, cross left over right  
61-62 Step forward right, pivot  $\frac{1}{4}$  turn left, keeping weight on left  
63-64 Stomp right, stomp left

**REPEAT**

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